

Brooklyn Gastroenterology & Endoscopy Associates

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GOLYTLE COLONOSCOPY PREP

Mr. /Mrs. /Ms. _____ has an appointment for colonoscopy on _____ at _____.

This procedure is an examination of the entire colon, or large bowel. It permits the taking of biopsies and the removal of polyps, if any are found. You will be asked to sign a standard consent form. Like other invasive procedures in medicine, there is a small but real risk to colonoscopy which includes bleeding, infection and perforation which may require surgery. It is not a perfect exam and may even miss pathology such as polyps and cancer. By signing the form you are acknowledging that you are aware of this. Please feel free to ask any questions.

In order for the colonoscopy to be successful, the following preparations are required:

Please follow the instructions carefully.

ONLY IF YOUR PRIMARY CARE PHYSICIAN AND/OR CARDIOLOGIST AGREES:

- Stop Plavix, Motrin, Advil, Nuprin, Voltaren, Aleive, Naproxen, at least 7 days.
- Stop Coumadin, Warfarin for 3 to 5 days.
- **If you are taking Aspirin to prevent heart disease, DO NOT STOP Aspirin!**
- If you are taking diabetic medications, such as Insulin, Metformin, Glucophage, etc. do not take them in the morning, prior to the procedure. After the procedure, when you begin to eat, you can restart the medications. Insulin can be taken at one third (1/3rd) your normal dose.
- **Take all other routine medications (such as blood pressure) 2 hours or more prior to procedure with a small amount of water.**

PURCHASE: one bottle of Citroma (magnesium citrate-lemon flavored) and pick up the medication at the pharmacy using the prescription given to you by office

- **DAY BEFORE EXAM** _____: No Solid Food After _____ AM / PM

Drink Large Amount of Clear Liquids Such As: (broth, tea, apple juice, soda, lemon ices, water)

_____ **BEGINNING AT:** _____ **AM/PM** : Drink 1 Bottle of CITROMA slowly (Available over the counter, Do Not Use Cherry Flavored Citroma)

_____ **BEGINNING AT:** _____ **AM/PM** : Fill the Golytle jug with water and shake very well. Drink entire gallon over 4 hours with clear liquids.

(****You may Mix Solution prior to drinking and refrigerate.)

- **STOP ALL LIQUIDS** _____ **AFTER** _____ **AM/PM**

AN ADULT MUST PICK YOU UP AND ACCOMPANY YOU HOME AFTER THE PROCEDURE.